What Does a Chiropractor Do?

If you have ever wondered what a chiropractor actually does, you are not alone. Many people know chiropractors work with the spine, but may not realise just how closely that relates to the rest of the body.

At Wellbeing Chiropractic, our role centres on helping people with concerns involving the spine, joints, muscles and nervous system. While our techniques can vary, the underlying focus is the same — to help restore healthy movement and support the body's natural function.

The Spine and Nervous System Connection

The spine is more than just a stack of bones. It protects the spinal cord, which is part of your central nervous system. The nervous system controls and coordinates every function in the body — from muscle movement to sensation, to organ function.

When the spine is not moving well, it can place strain on joints, muscles and even irritate the nerves that branch from the spinal cord. This can contribute to discomfort, reduced mobility and other symptoms.

What a Chiropractor Does in Practice

While every chiropractor may have their own approach, here is what a typical visit to Wellbeing Chiropractic might involve:

1. **Assessment and History**

   We begin by listening to your concerns, your health history and the goals you have for your care.

1. **Examination**

This may include posture analysis, movement testing, joint assessment and checking for areas of muscle tension or nerve irritation. If clinically required, we may refer for imaging such as X-rays.

1. **Care Planning**

   Based on the findings, we will outline a personalised care plan. This may include chiropractic adjustments, soft tissue techniques, postural advice and exercises.

1. **Chiropractic Adjustments**

   These are gentle, specific movements applied to joints to help improve motion, reduce tension and support nervous system function.

Conditions People Often See Chiropractors For

At Wellbeing Chiropractic, people commonly visit us for:

- Back or neck discomfort
- Headaches associated with the neck or posture
- Sciatica and nerve related symptoms
- Postural changes or concerns
- Joint or muscle stiffness

While we focus on these areas, our care is always tailored to the individual and based on a full assessment.

The Goal of Chiropractic Care

The aim of chiropractic care is to improve the function of the spine and nervous system, help reduce discomfort and support the body's ability to move and recover. For some people, this means relief from persistent pain. For others, it is about maintaining good movement and supporting their overall wellbeing.

When to See a Chiropractor

You may choose to see a chiropractor if you are experiencing:

- Stiffness or reduced movement in your spine or joints
- Discomfort that is affecting your work, sport or daily activities

- Postural changes that you would like to address
- Nerve related symptoms such as tingling or weakness

Chiropractors in Melbourne, Brisbane, Sydney and Regional Areas

Wellbeing Chiropractic has clinics across Melbourne, Brisbane, Sydney and regional centres. Our team works with people from all walks of life, from school-aged children through to older adults, always aiming to provide care in a welcoming and supportive environment.

Final Thoughts

A chiropractor's work revolves around the spine, nervous system and how the body moves. By focusing on these areas, we aim to help people feel better, move better and live well.